

Traditional Menu Approval Form per week served

Menu Cycle:

Menu Week:

Menu cycle dates:

Nutrient	1 Meal per Day		2 Meals per Day		3 Meals per Day	
	Minimum	Calculated amount	Minimum	Calculated amount	Minimum	Calculated amount
<b>Protein</b>	3 oz. or equivalent Minimum 25 grams per meal		6 oz. or equivalent Minimum 50 grams in 2 meals		9 oz. or equivalent Minimum 75 grams in 3 meals	
<b>Fat</b>	≤35% average over one week		≤35% average over one week		≤35% average over one week	
<b>Fiber</b>	7 grams per day averaged over one week		14 grams per day averaged over one week		21 grams per day averaged over one week	
<b>Calcium</b>	350 mg per day		700 mg per day		1000 mg per day	
<b>Vitamin A</b>	250 micrograms per day averaged over one week		500 micrograms per day averaged over one week		micrograms per day averaged over one week	
<b>Vitamin C</b>	20 mg per day		40 mg per day		60 mg per day	
<b>Sodium</b>	≤ 1300 mg per meal averaged over one week		≤ 1800 mg per day averaged over one week		≤ 2300 mg per day averaged over one week	
<b>Energy</b>	Minimum 600 calories per day with a weekly average not to exceed 750 calories		Minimum 1200 calories per day with a weekly average not to exceed 1500 calories		Minimum 1800 calories per day with a weekly average not to exceed 2150 calories	

I certify that, to the best of my knowledge, each meal in the attached conforms to the PDA Guidelines.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Registration Number: \_\_\_\_\_

Nutrition Program: \_\_\_\_\_

See the Menu Standards for portion sizes, frequency and nutrient content.

One form is needed for each week of the menu cycle. This material shall be retained on file for three years.